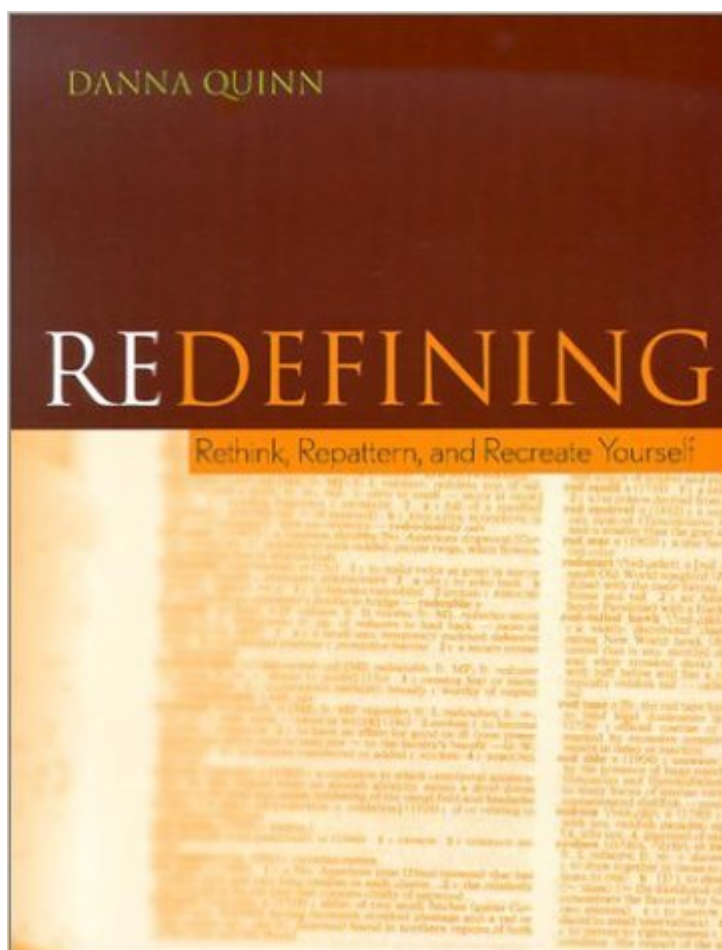


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# ReDefining: Rethink, Repattern, And Recreate Yourself (Capital Cares)



## Synopsis

Adopted from successful workshops in a variety of places from bookstores to corporations, ReDefining is a proven system for giving every individual the power to define their life experience and put it to work. The way we have learned to define key words shapes the way we think and act - and not always in a positive way. ReDefining is a system for rethinking the meanings we assign to those words that influence our thoughts, ideas, and beliefs. Armed with these new definitions, ReDefining helps us restructure the way we think so that we can act in new, more positive ways. By redefining the concepts our words represent, we are actually able to consciously restructure our ideas.

## Book Information

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## Customer Reviews

When I picked up this book, I felt smug and superior that I already knew who I was and didn't need to "redefine" anything about myself. Yet as I read it, I found myself uncovering ideas and philosophies I didn't even realize I held! So I purchased the book, and have since gone through each chapter and exercise and find that I have learned a great deal about myself, my beliefs and attitudes. If you want a book that truly can change your life - even if you don't think you want or need to change - than you want to pick up ReDefining! The author, Ms. Quinn, has given us all an incredible gift with her book. Thank you!

REDEFINING; Rethink, Repattern, and Recreate Yourself by Danna Quinn is a wonderful, practical life-enhancing tool. In fact, I think this is something that we all do without recognizing. Something of significant value in its connection with our belief systems. Something that can be much more powerful when we recognize and have better understanding of what we're doing. When we're choosing consciously how we go about it. This book provides guidelines for using this process to benefit anyone willing/wanting to undertake the inner journey. Thanks to Danna Quinn for laying this groundwork!

I have read it and keep reading it. I have bought it for my friends and ....they have bought REdefining for their friends....What else can I say? I hope you will enjoy it as much as we do! I am looking forward to buy the tapes and the videos. The writer has a very special and unique personality. She has been gifted with much more than you can imagine.

This book has helped me immensely in my quest to revamp, rearrange, reorganize and reenergize my life. I'm not there yet, but I have a whole new set of tools to work with and a new perspective to use them with. Many thanks for an exceptionally useful way of approaching the issues!

I have been apart of this book from it's conception. It has shaped and changed my life to make it the happy and fulfilling life it is now. Thank you Danna for everything you that taught me and helped me to teach myself.

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